

Objectives

Have students play a game that allows them to comfortably self-disclose information that will allow them to see they are not alone in their experiences, personal traits, or attributes

Risk Level: Beginner - Intermediate

Cautions: Be aware that personal information is shared during this activity and it must be treated with respect

Description: Students will play a game similar to musical chairs and will be encouraged to share personal information based on the nature of the game to reveal their identity.

SCM: Consciousness of Self, Collaboration

Time: 20-30 Minutes

Materials: Train Wreck Activity Sheet, Plenty of Open Space, Enough Chairs for Everyone

Preparation: Review of the activity and an understanding of debrief

Follow Up: Facilitate the following questions:

How did it feel to disclose information about yourself?
What was the purpose of this activity?
Did you share similar experiences with others in the room?

Instructions

1. Facilitator will setup chairs in a large circle (one chair is taken away so there is one person left standing)
2. Facilitator will inform the group that this game resembles “musical chairs”
3. Facilitator should remind the group that they are in a “safe” environment and as such, anything that is said during the activity does not leave the room
4. The person without a chair will be told to stand in the middle and call out an attribute, personal trait, experience, etc. that is true about them
5. All who share this characteristic must find a new chair other than the one that is immediately next to them
6. Whoever is left “chairless” now is in the middle and the process repeats
7. Students should be informed that no one should “out” another student for not openly relating to an attribute that was called
8. The facilitator should lead the de-brief with the discussion questions attached

Notes:

Assessment

Questions: How does this activity relate to the highlighted theme?

What new perspective have you taken as it relates to yourself and/or the group(s) in which you are a part?

Activity Specific: What movement did you feel least comfortable and why?

Instructions

Lead students in a dialogue using the assessment questions provided. Track your feedback as an assessment tool for your work, the toolbox, and leadership initiatives within the division.

Please consider sharing some of the feedback with the Standing Committee for Student Leadership Development.

Notes:

